

**AMENDMENTS TO THE CLAIMS**

This listing of claims will replace all prior versions and listing of claims in the application, with reference to Article 34 claims submitted to the International Bureau as Amended Sheets during Chapter II of the International Phase:

**LISTING OF CLAIMS**

Claims 1-5: (Canceled).

6. (New) A helmet suitable for wearing on a head of a user, the helmet comprising:  
an outer helmet with a head-protection part which essentially covers a side, top and back of the head;  
a chin guard in front of a lower part of a face of the user and a transparent visor which covers a field of vision of the user; and  
an inner helmet which is connected to the outer helmet, said inner helmet abutting against the user's head,  
wherein said chin guard and visor are individually pivotably connected about a pivot point on each side of the head-protecting part,  
said visor moving within the inside the head-protecting part of the helmet and said chin guard moving within the visor.

7. (New) A helmet according to claim 1, wherein at the visor and chin guard, a clutch mechanism is provided which permits individual movement of said chin guard and visor about the pivot point on the head-protection part of the helmet.

8. (New) A helmet according to claim 1, wherein the pivot point and the attachment point for the visor and the chin guard comprises a bolt connection with a self locking nut.

9. (New) A helmet according to claim 2, wherein the pivot point and the attachment point for the visor and the chin guard comprises a bolt connection with a self locking nut.

10. (New) A helmet according to claim 1, wherein, on an inside portion along a front edge of the head-protecting part, a bar or strip is provided which flexibly abuts against an outside portion of the visor.

11. (New) A helmet according to claim 1, wherein said chin guard and visor are individually pivotably connected concentrically about a pivot point on each side of the head-protection part.